

CLAIMS

1. A method for assisting a person in changing a behavior, said method comprising the steps of:

- a) having the person assess, on a quantitative scale, the degree of his readiness to change,
- b) having the person assess, on a quantitative scale, the difficulty of changing said behavior,
- c) having the person list the benefits he perceives would accrue as a result of changing said behavior,
- d) having the person list the obstacles he perceives would impede changing said behavior,
- e) devising a strategy for changing said behavior, including positive reinforcement and self-efficacy, taking into account the assessments of (a) -(d), and
- f) implementing the strategy of (e).

2. The method of claim 1, further comprising having the person rank the perceived benefits of (c) by importance.

3. The method of claim 1, wherein the person has multiple behaviors he wishes to change, and wherein said method further comprises, prior to step (a), prioritizing the behaviors potentially to be changed, by the steps of:

- i) having the person rank his relative readiness to change said multiple behaviors,
- ii) having the person rank the relative importance of changing said multiple behaviors,
- iii) having the person rank the relative difficulty of changing said multiple behaviors, and
- iv) on the basis of the rankings of i)-iii), prioritizing the behaviors to work on changing, thereby selecting the first said behavior to work on changing.

4. The method of claim 1, wherein said strategy includes providing an environment which is supportive of changing said behavior, said supportive environment including a social support network.

5. A method for assisting a person with multiple behaviors he wishes to change prioritize said behaviors to identify one or more behaviors to be worked on before the others, said method comprising the steps of

- a) having the person rank his relative readiness to change said multiple behaviors,
- b) having the person assess, on a quantitative scale, the social pressure to change each behavior,
- c) having the person record his personal history surrounding each behavior, and
- d) on the basis of (a)-(c), determining which behavior or behaviors are to be worked on first.

6. The method of claim 5, further comprising, prior to step (d), the steps of (e) having the person rank the relative importance of changing each behavior, and (f) having the person rank the relative difficulty of changing each behavior, wherein step (d) takes into account steps (e) and (f).